October 20, 2011

3786 Amberton Way

Doylestown, PA 18902

Leah Frazee, RDLDN

Integrated Nutrition Therapy

385 Oxford Valley Road

Yardley, PA 19067

Dear Ms. Frazee:

My name is Kaitlyn Grant and I am a graduate of Bloomsburg University of Pennsylvania with a Bachelor’s Degree in Dietetics. It has always been my dream to one day be able to guide individuals to a healthy lifestyle, and I would like to be able to do this with your practice.

Most children don’t take the time to sit and wonder whether or not they should eat a cookie, or a bag of potato chips, and I was one of those kids. I ate when I was happy, bored, excited, nervous, or upset. Eating became a way to interact with people without having any awkward moments. However, when I got a little bit older, my mom became diagnosed with Diabetes. The disease ran in her family, and losing no amount of weight was going to make it any better. She was already built very petite, so the only thing we could do, was drastically change our eating habits to ensure that she maintained a healthy blood sugar. My family began to eat vegetables and fruits, lean meats, and wild rice. This healthy eating continued for much of my childhood until one day, I was able to decide for myself what I wanted to eat.

One would think that because I had been healthy for so long, that I would just continue to make those same healthy choices when I had the freedom to make my own meals, but I didn’t. I reverted back to my early childhood years, eating to deal with every emotion and situation that came by. Before I knew it, I was ill every single day. I couldn’t figure out for the life of me why my body couldn’t handle the foods I was eating, but I did nothing about it. I continued that way for years and hid from people the fact that I was sick. This happened until I went to college.

I found myself in Bloomsburg University living with a floor of girls. We ate every meal together and were absolutely inseparable. I soon began to realize that these girls could eat whatever they wanted, and nothing bothered their stomachs, and it frustrated me. I didn’t understand why I couldn’t be like that.

Shortly later, the summer after my freshman year, I spent five months in the Dominican Republic. I hardly ate, but what I did eat was completely pure: fruits and vegetables, potatoes, grains, meats. I soon discovered that my sick stomach was gone; I felt the best that I had in years. It was also here that I discovered the malnutrition in people who had no money to take care of themselves. Nutrition became an immediate interest of mine.

When I ended that trip, I got home, and took my life into my own hands. I visited a doctor for my stomach, and I completely transformed my eating habits. I had energy again, and I felt alive! I became obsessed with treating my body kindly. I ate organic foods with no preservatives, and exercise multiple times a week. All to maintain that healthy lifestyle I once had.

All of these experiences in my life showed me what I was meant to do. I was meant to be a dietician, and show people that they can feel amazing too. I want to help those who are sick and don’t know how to get better. I want to teach people how to make healthy choices for themselves and their children. I want to go to foreign countries and help to rid the countries of malnutrition. But I can’t do any of this without first becoming a dietician, and learning more than I already know. I ask you to give me this chance to grow, and work in the profession that I am passionate for.

Sincerely,

Kaitlyn Nicole Grant

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